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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims: 1. (Oni) 2. a recordable

1. (Original) A template for recording an ingestible product consumed comprising: a recordable surface for recording information about the ingestible product,

the template being positioned on a periphery of a container,

the container comprising a closed end and an open end comprising a removeable lid.

a label attached to the periphery of the container, the label comprising information about a product brand and about the ingestible product; and

wherein the template occupies a region on the periphery of the container separate from an area on the label comprising the product brand.

- 2. (Original) The template of claim 1, further comprising one or more entry fields on the recordable surface.
- 3. (Original) The template of claim 1, wherein the template is an integral part of the label.
- 4. (Original) The template of claim I, wherein the template is an add-on feature of the container.
 - 5. (Original) The template of claim 4, wherein the add-on feature is a note-pad.
- 6. (Original) The template of claim 4, wherein the add-on feature is a note pad with a peclaple sheet.

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- (Original) The template of claim 1, further comprising one or more pre-formatted fields on the recordable surface.
- (Original) The template of claim 1, further comprising two or more parallel lines, the parallel lines defining at least one recording field.
- (Original) The template of claim 1, wherein the recordable surface is part of the periphery of the container.
- (Currently Amended) A method for recording ingestible products consumed comprising:

providing a template on at least one of a periphery of a package or and a container containing an ingestible product; the template comprising a recordable surface and an entry field for recording information about the ingestible product consumed;

ingesting a quantity of ingestible product by a first individual;

recording at least one of the quantity of ingestible product consumed ingested or and a time the a quantity of ingestible product was is ingested consumed on the template for the first individual; and

ecording a time when a next event is to occurred for the first individual a second quantity of ingestible product is to be consumed.

- (Original) The method for recording ingestible products consumed of claim H, whereir the quantity ingested and the time the quantity was ingested are both recorded on the templats.
- (Currently Amended) The method for recording ingestible products consumed of claim 1, further comprising recording a quantity of ingestible product consumed by a second individual two or more different individuals.

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(Original) The method for recording ingestible products consumed of claim yt, wherein the template comprises one or more pre-formatted fields.

(Currently Amended) The method for recording ingestible products consumed of claim 1., wherein the template comprises one or more entry fields adhesive for affixing on the at least one of a periphery of a package and a container containing an ingestible product.

(Original) The method for recording ingestible products consumed of claim y.

wherein the template comprises either a POST-IT® type note pad or a note pad comprising tear lines.

(Original) The method for recording ingestible products consumed of claim-H, wherein the template comprises part of a surface of the periphery of the package or the container.

(Original) The method for recording ingestible products consumed of claim H. further comprising an identifier.

(Currently Amended) A template for recording an ingestible product consumed comprising:

recordable surface and an entry field for recording information about the ingested ingestibe product,

the template being attached to a periphery of a package for packaging a container containing an the ingestible product,

the <u>puckaging package</u> comprising at least two ends with at least one of the two ends catable of being opened for removing the container,

: label attached to the periphery of the packaging package, the label comprising informa ion about a product brand and about the ingestible product; and

wherein the template occupies a region on the periphery of the puckaging rackage separate from the area on the label comprising the product brand.

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- (Currently Amended) The template of claim 19, further-comprising one or more entry fields on the recordable surface wherein the template is part of a POST-IT® type note pad.
- (Original) The template of claim 19, wherein the template is an integral part of the labe.
- (Original) The template of claim 19, wherein the template is an add-on feature on the packaging.
 - 2/ 2/. (Original) The template of claim 22, wherein the add-on feature is a note-pad.
- (Original) The template of claim 22, wherein the add-on feature is a note pad with a pelable sheet.
- (Original) The template of claim 19, further comprising one or more preformatted fields on the recordable surface.
- (Original) The template of claim 19, further comprising two or more parallel lines, the parallel lines defining at least one recording field.
- (Currently Amended) The template of claim 19, wherein the recordable surface is part of the periphery of the packaging package.
- (Original) The template of claim 1, further comprising a writing instrument removerably secured to the container.
- (Original) The template of claim 1, further comprising a pocket, wherein the template is positioned inside a receiving space of the pocket.
- (Original) The template of claim 1, further comprising a security shrink wrap wrapped over the template and container.

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(Currently Amended) A template for recording information about an ingestible product consumed by an individual comprising:

a first writing medium comprising:

a plurality of sides;

the writing medium being positioned on a periphery of a container or on a partiage of a package for packaging a container:

at least one of a plurality of lines printed on the medium, the plurality of lines defining at least one entry field for entry of information about the ingestible product consumed, and or a least one a pre-formatted field comprising at least one printed word, said at least one printed word conveying information related to the ingestible product; and

wherein a volume of the ingestible product consumed, a time the ingestible product was consumed, or a name of an individual that consumed the ingestible product is recorded on the at least one entry fields second writing medium positioned subjacent the first writing medium, said second writing medium comprising at least one of a plurality of fines printed on the medium, the plurality of lines defining at least one entry field for entry of information about the ingestible product consumed, and a pre-formatted field comprising at least one printed word, said at least one printed word conveying information related to the ingestible product.